

Background

The CaPE clinic's purpose is to provide diagnostic formulation, management plans and increase opportunities to participate in research. More generally the CaPE clinic aims to help reduce inequalities in access to mental health care and clinical research, particularly for patients living in deprived areas. In parallel, and for those working in mental health services, the CaPE clinic's goal is to improve the skills of psychiatry trainees, identify patients for consideration as trainee psychotherapy long cases, and promote recruitment and retention. Our target population are patients with mood disorders who are not in secondary care mental health services. The CaPE clinic was started on 04/02/2022.

Methods

Descriptive statistics of the CaPE quantitative data were produced and evaluated.

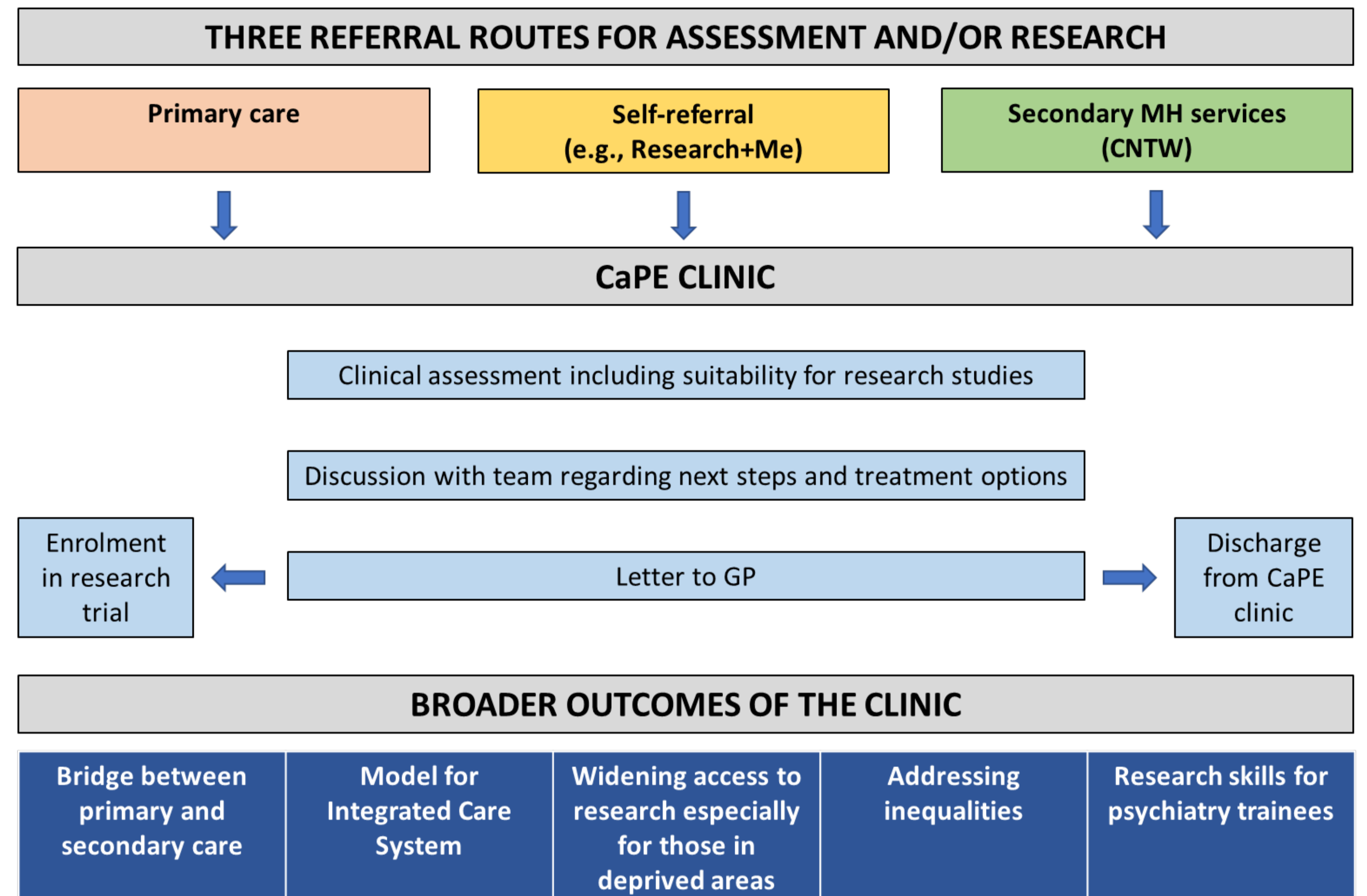


Diagram 1. Schematic representation of the CaPE

Results

As of August (26/08/2023) **87 patients have been accepted**: 40 from primary care, 11 from secondary care, 32 from Research + Me, 3 from self-referrals, and 1 via a tertiary service. 78 patients attended the appointment and were seen. **19 patients have been successfully randomised** to NIHR-funded research trials, and 3 have been randomised into a local trial. 10 patients declined to take part in research, and 22 were ineligible at screening. **31 patients have been recommended psychological therapies, 13 of which were referred to specialist psychological therapies (SPT)**; 3 are currently being reviewed for and 2 have been accepted as long psychotherapy cases. A total of 16 trainees in psychiatry (including clinical fellows, core psychiatry trainees, and higher psychiatry doctors) have conducted assessments under the supervision of a consultant psychiatrist.

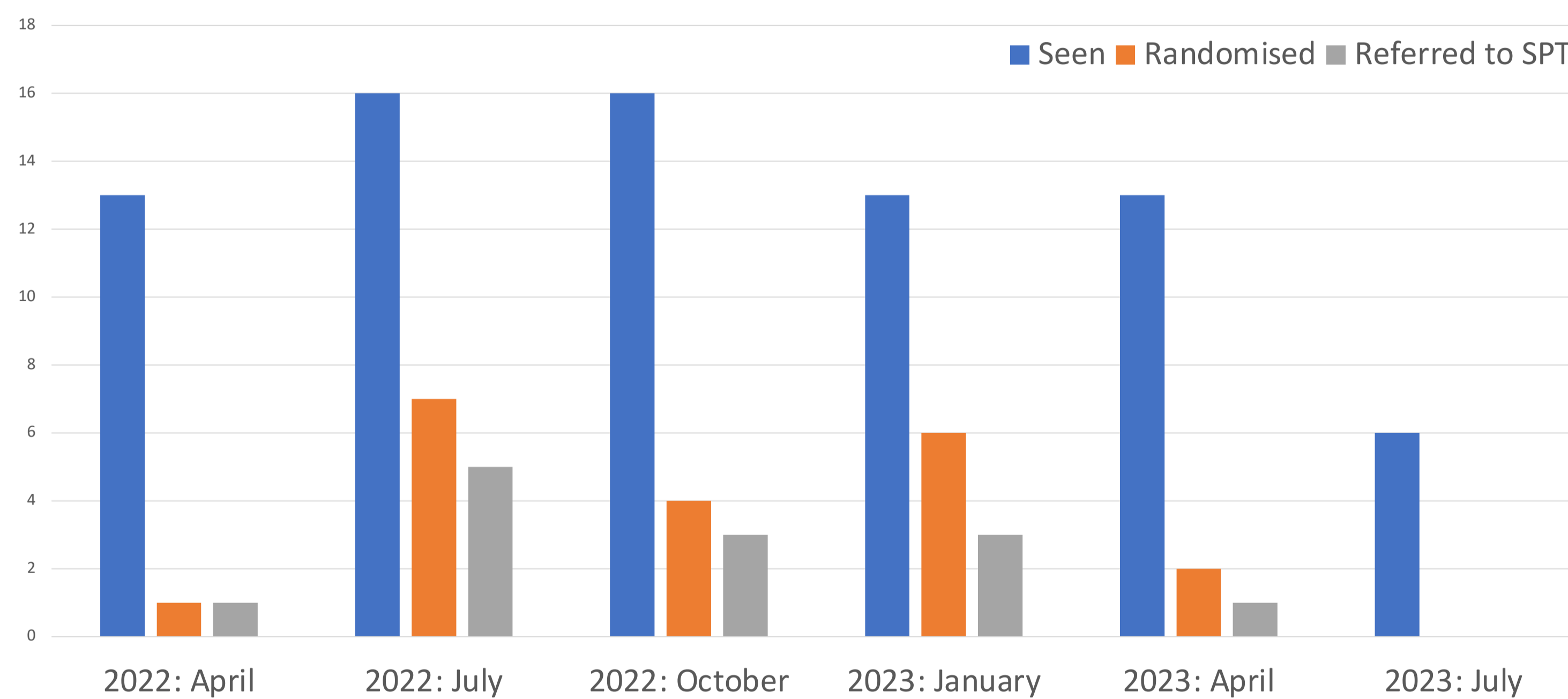


Chart 1. Clinical flow

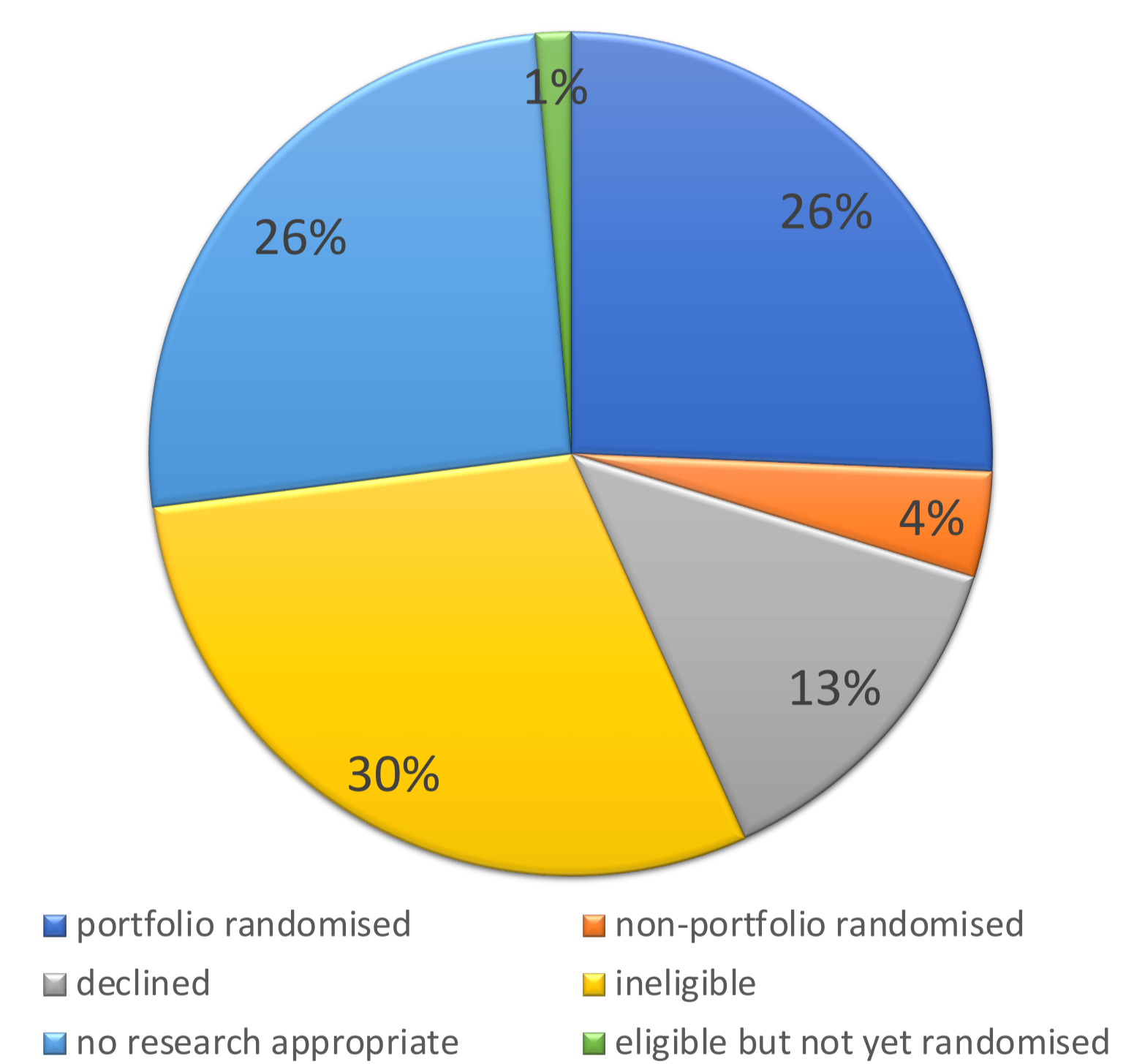


Chart 2. Research outcomes

Conclusion

The CaPE clinic is now active and 78 people have been assessed. These results indicate that the clinic has facilitated access to clinical research for patients, contributed to the clinical and research experience of psychiatry trainees and has identified relevant psychology trainee long cases. Qualitative analysis is planned to thoroughly understand the value and the equity and impact of the CaPE clinic. The evidence to date is that the clinic is facilitating access to research and appears to be supporting trainee engagement and training in research, and in research informed clinical care.

Contact

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